

Stew on sourdough flatbread

Cuisine: **Middle-East**
Food category: **Beef**



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating:

80 °C

1

 Hot air

 100 %

 Termination by time

 00:05 hh:mm

 120 °C

 80 %



2

take out the spices and insert the sous-vide bag

 Steaming

 Termination by time

 01:30 hh:mm

 65 °C

 70 %



Ingredients - number of portions - 8		
Name	Value	Unit
beef shoulder	1	kg
tomato puree	500	g
5 tbsp vegetable oil	50	ml
onion	2	pcs
garlic cloves, finely chopped	4	pcs
salt	5	g
freshly ground black pepper, ground	1	g
Coriander leaves, finely chopped	10	g
dried ginger	4	g
coriander powder	2	g
cardamom	2	g
ground fenugreek	2	g
clove	1	g
ground allspice	1	g
cinnamon	1	g
salt	3	g
cayenne pepper	20	g
fresh peppers	10	g

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Directions

Preparation for the berbere spice mix:

1. Set the oven on dry heat at 120°C.

2. Combine all the spices and roast for 5–10 minutes.

Preparation for the stew:

1. In a saucepan, sauté the finely chopped onions until soft, adding the garlic at a later stage. Remove the contents and save for later.

2. In the same pan sauté the meat until it gets some colour. Deglaze with water and set aside.

3. Set the oven on steam at 65°C.

4. Combine the meat, the onions and garlic, the tomato purée and 25g of berbere in a sous vide bag and seal and cook for 60–90 minutes.

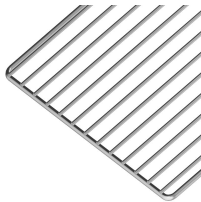
5. Serve with Injera.

Nutritional value of one portion	Value
Energy	306.2 kJ
Carbohydrate	17.5 g
Fat	14.2 g
Protein	26.7 g
Water	0 g

Recommended accessories



Enameled GN container



Stainless wire shelving